



Cheesy leek & spinach pasta

READY IN



35 min.

SERVINGS



4

CALORIES



809 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 knob butter good
- ☐ 1 tbsp olive oil
- ☐ 2 large leek thinly sliced
- ☐ 500 g soup noodles
- ☐ 200 ml crème fraîche
- ☐ 1 tbsp coarse mustard
- ☐ 125 g cheese diced blue
- ☐ 8 sun-dried olives drained thinly sliced in oil
- ☐ 225 g baby spinach

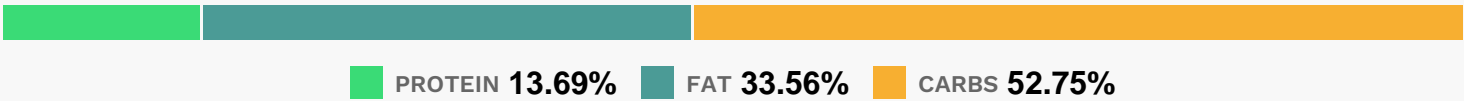
Equipment

☐ frying pan

Directions

- ☐ Melt the butter with the oil in a large pan, tip in the leeks and splash in a little hot water. Cover and cook over a low heat, stirring occasionally, for about 10 minutes until no longer squeaky.
- ☐ While the leeks are cooking, boil the penne in salted water according to the packet instructions. Meanwhile, tip the crme frache, sundried tomatoes and mustard into the leeks, add three-quarters of the cheese and season well. Stir until the cheese melts. Take off the heat.
- ☐ Drain the pasta, reserving the cooking water. Tip the pasta into the sauce and stir, adding enough cooking water to make the sauce coat the pasta. Stir in the spinach, a big handful at a time, until it wilts, splashing in a little more water if needed. Toss in the remaining cheese and serve.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:40.29, Inflammation Score:-10, Nutrition Score:36.479130537614%

Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 4.78mg, Kaempferol: 4.78mg, Kaempferol: 4.78mg, Kaempferol: 4.78mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 808.77kcal (40.44%), Fat: 30.3g (46.61%), Saturated Fat: 14.52g (90.73%), Carbohydrates: 107.15g (35.72%), Net Carbohydrates: 100.45g (36.53%), Sugar: 8.63g (9.59%), Cholesterol: 71.22mg (23.74%), Sodium: 359.64mg (15.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.81g (55.62%), Vitamin K: 298.46µg (284.25%), Vitamin A: 6801.15IU (136.02%), Selenium: 92.2µg (131.71%), Manganese: 1.96mg (98.14%), Phosphorus: 479mg (47.9%), Folate: 172.72µg (43.18%), Calcium: 386.28mg (38.63%), Magnesium: 146.11mg (36.53%), Copper: 0.57mg (28.32%), Vitamin C: 23.17mg (28.08%), Fiber: 6.69g (26.77%), Vitamin B2: 0.44mg (25.76%), Potassium: 901.67mg (25.76%), Iron: 4.61mg (25.62%), Zinc: 3.53mg (23.53%), Vitamin B6: 0.45mg (22.42%), Vitamin E: 2.75mg (18.31%), Vitamin B3: 3.16mg (15.78%), Vitamin B1: 0.23mg (15.36%), Vitamin B5: 1.03mg (10.31%), Vitamin B12:

0.44µg (7.37%), Vitamin D: 0.19µg (1.25%)